

# Longevity, Equity, and Healthy Aging

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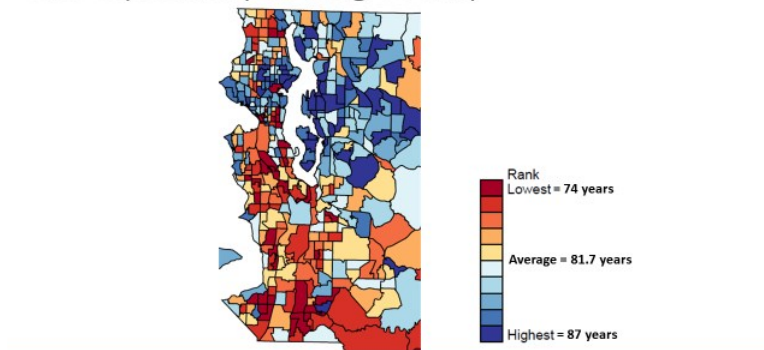
## Abstract

Unprecedented increases in human longevity present an opportunity to actualize the core goal of public health—to increase the number of healthy years lived by King County residents. On average, a woman born today can expect to live over three decades longer than her great-grandmother born at the turn of the century.

This is astounding progress. But not everyone is benefitting equally. Longevity, like many other health indicators, varies widely based on race and place. For example, women in South Bellevue can expect to live more than ten years longer than those in South Renton. Understanding the roots of this disparity requires a look into the social determinants of healthy aging—the community conditions that all of us need to age well.

Health is determined by a lot more than just health care. Where and how people in our county can access healthy foods, live healthy lifestyles, age in place, and engage actively in their communities, makes the difference between life and death.

Life Expectancy in King County



## Data

- Communities Count—King County  
[www.communitiescount.org](http://www.communitiescount.org)
- Community Health Indicators—King County  
[www.kingcounty.gov/depts/health/data/community-health-indicators.aspx](http://www.kingcounty.gov/depts/health/data/community-health-indicators.aspx)
- Health Equity Maps  
[www.kingcounty.gov/depts/health/data/maps.aspx](http://www.kingcounty.gov/depts/health/data/maps.aspx)
- CDC Data on longevity  
[www.cdc.gov/nchs/data/hus/hus16.pdf#015](http://www.cdc.gov/nchs/data/hus/hus16.pdf#015)

## City Role

Public Health—Seattle & King County is documenting health disparities and convening community partners to improve conditions so that everyone can live long and live well. We promote healthy environments, prepare for emergencies, prevent disease outbreaks, and improve population health with chronic disease management, falls prevention and more.

## Recommended Pre-reading

- Public Health - Seattle and King County  
[www.kingcounty.gov/depts/health.aspx](http://www.kingcounty.gov/depts/health.aspx)
- CDC's Healthy Aging Program  
[www.cdc.gov/aging/about/](http://www.cdc.gov/aging/about/)
- Healthy Aging in Action: Advancing the National Prevention Strategy  
[www.surgeongeneral.gov/priorities/prevention/about/healthy-aging-in-action-final.pdf](http://www.surgeongeneral.gov/priorities/prevention/about/healthy-aging-in-action-final.pdf)
- Vaccinations and preventive screening services for older adults: opportunities and challenges in the USA:  
[www.ncbi.nlm.nih.gov/pmc/articles/PMC4532267/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532267/)

## Presenter



Patty Hayes  
Director, Public Health—Seattle & King County  
Phone: 206-263-8285  
E-mail: [patty.hayes@kingcounty.gov](mailto:patty.hayes@kingcounty.gov)  
Web: [www.kingcounty.gov/depts/health.aspx](http://www.kingcounty.gov/depts/health.aspx)